

SHRED TRAINING PROGRAM: WEEKS 1-4

INTERMEDIATE: TRAINING IN THE GYM



WEEKLY PLAN

MONDAY	CHEST AND BICEPS
TUESDAY	LEGS, CALVES AND ABS
WEDNESDAY	CARDIO
THURSDAY	BACK
FRIDAY	SHOULDERS, TRICEPS AND ABS
SATURDAY	CARDIO
SUNDAY	CARDIO

MONDAY: CHEST AND BICEPS

MUSCLE GROUP	EXERCISE	SETS & REPETITIONS	NOTES
Chest	Flat Bench Press	4 x 10 repetitions Rest 2 minutes between sets	Warm up with a light weight then perform your 4 sets. You can perform this exercise with free weights or a pin loaded machine. Your final set should feel quite heavy and the last few reps should be difficult or performed as forced reps
	Incline Dumbbell Press	4 x 10 repetitions Rest 1-2 minutes between sets	Start with relatively light dumbbells and increase the weight on each set. Your final set should feel quite heavy and your 7th and 8th reps should be difficult or performed as forced reps.
	Flat Bench Dumbbell Flyes	4 x 10 repetitions Rest 1-2 minutes between sets	Use moderate weight dumbbells, lie on a bench and perform Dumbbell flyes using a wide arc. When the dumbbells are at their highest point and touching, contract and squeeze your chest muscles for added intensity. A Pec Dec machine can also be used for this exercise
Biceps	Standing Biceps Curl	4 x 8 - 10 repetitions Rest 2 minutes between sets	Grip a barbell at about shoulder width apart, start with your arms hanging straight. Curl the weight up in a controlled and steady arc until your biceps are fully contracted, then lower again in a controlled arc. For added intensity squeeze your biceps for a count of one in the contracted position. Increase the weight with each set. If you have to heave up the weight or arch your back, it's too heavy.
	Seated Alternate Dumbbell Curls	4 x 8 - 10 repetitions Rest 2 minutes between sets	Your arms will be warm from the barbell curls so you can launch straight into this exercise with a good weight. Focus on good form and squeeze each bicep muscle at the top of the movement before lowering. Try to keep your upper body still and let your biceps do all the work.

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TUESDAY: LEGS, CALVES AND ABS

MUSCLE GROUP	EXERCISE	SETS & REPETITIONS	NOTES
Legs and Calves	Barbell Squats	4 x 10 repetitions Rest 2 - 3 minutes between sets	You will need a squat rack to perform this exercise properly. Your feet should be shoulder width apart and the bar should sit comfortably across your shoulders. When squatting, keep your head up and your back straight. Squat down until your thighs go a little further than parallel to the floor.
	Lying Leg Curl	4 x 8 repetitions Rest 2 minutes between sets	This exercise works the hamstring and is important for balanced leg development. Start with a lighter weight and work up to a final heavy set. Hold your leg in the contracted position for a count of 2 for added intensity.
	Leg Extensions	4 x 8 repetitions Rest 2 minutes between sets	Start with a lighter weight and increase each set until the final set is difficult and produces a strong muscle burn. Use a controlled movement taking care not to throw the weight up and extend your leg past horizontal.
	Standing Calf Raises	4 x 20 repetitions Rest 2 - 3 minutes between sets	Start with a relatively light weight and do a warm up set, then increase the weight on each set. Aim for a full stretch at the bottom and full contraction of your calves on each rep.
Abdominals	Crunches	2 x 20 repetitions Rest 2 minutes between sets	Lie on your back with your knees bent. Place your hands on your thighs, then contract or crunch your abs muscles to lift your shoulders and head off the ground. Slide your hands up your thighs until they go over your knees, then lower your upper body down again to the starting position.

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THURSDAY: BACK

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Back	Seated Cable Rows	4 x 10 repetitions Rest 2 minutes between sets	Focus on contracting your back muscles to pull the weight towards you and stretching your back as your arms extend away from you.
	Wide Grip Chin Ups	4 x 10 repetitions Rest 2 minutes between sets	Use a wide grip, start in a hanging position and pull up until your chin just touches the bar, then lower in a controlled movement. If you can do more than 10 reps use a weight belt and hook and add extra weight
	Close Grip Lat Pull Downs	4 x 10 repetitions Rest 2 minutes between sets	Use a narrow underhand grip or a narrow handle and pull down to the top of your chest with a slight arch in your back. Stretch your back muscles when your arms are extended. Increase the weight in each set but keep the movement smooth and controlled.

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FRIDAY: SHOULDERS, TRICEPS AND ABS

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Shoulders	Seated Dumbbell Press	4 x 8 repetitions Rest 2 minutes between sets	Start with a light weight and warm up your shoulders well then perform your 4 working sets. Start with the dumbbells lightly touching your shoulders then press up powerfully and lower slowly. Increase the weight with each set but make sure you maintain good form. Don't arch your back excessively.
	Dumbbell Side Raises	4 x 8 repetitions Rest 2 minutes between sets	Start with a relatively light weight that allows you to perform this exercise correctly. Your arms should be hanging by your sides with a moderate elbow bend. Lift your arms in an arc to the side, concentrating on keeping your elbows high and holding your hands in a position that emulates pouring water out of a jug. This should produce a strong burning sensation in your side deltoid muscle when performed correctly. Don't raise your hand higher than your ears.
Triceps	Lying Triceps Extension	4 x 8 - 10 repetitions Rest 2 minutes between sets	You can use a straight or EZ bar for this exercise. Lying on a bench, start with grip a bit less than shoulder width apart and the weight extended overhead. Keeping your upper arms still, lower the weight by bending at the elbow until the bar or your hands just touches the top of your head. Push the bar back to the straight arm position in a smooth and controlled arc.
	Triceps Pushdown	4 x 8 - 10 repetitions Rest 2 minutes between sets	Increase the weight on each set. On your last set you should find the last few reps very difficult. To keep tension on your triceps don't lock your arms at the bottom of the movement, just keep your arms moving in a controlled steady motion.
Abs	Crunches	2 x 20 repetitions Rest 2 minutes between sets	Lie on your back with your knees bent. Place your hands on your thighs, then contract or crunch your abs muscles to lift your shoulders and head off the ground. Slide your hands up your thighs until they go over your knees, then lower your upper body down again to the starting position.